

	<b>Topic</b>	<b>Resource</b>	<b>Handout/Film</b>
<b>Session 1</b>	Orientation	Department of Human Services	Orientation Checklist, Consent for Information Disclosure, Consent to Treatment, Philosophical Approach to Treatment, Client's Rights-Confidentiality, Client's Rights, Responsibilities Contract, Client Grievance Procedure, Pre-Test, The Mountain Plains Research form, <b>Assessment Tools</b>
<b>Session 2</b>	Strengths and Problems	Group Room	Client Problem List Your Personality Strengths Treatment Assessment
<b>Session 3</b>	Chemical Knowledge	101 Support Group Activities	Ch. 43 "The Chemical Quiz"
<b>Session 4</b>	Do you have a Problem with Substances?	The Addiction Workbook	Chapter 2
<b>Session 5</b>	Drug Education	Group Room	Dr. Ohlms Video Addiction Disease Worksheet
<b>Session 6</b>	Self-Disclosure	101 Support Group Activities	Chapter 11 Response-ball or yarn (game)
<b>Session 7</b>	Disease Control	Group Room	What is Chemical Dependency?
<b>Session 8</b>	Chemical Use History	Group Room	Chemical Use History
<b>Session 9</b>	Gambling	The Gambling Addiction Patient Workbook	Gambling History Pg. 1-12
<b>Session 10</b>	Defining Self	Helping Women Recover Journal	Session 1
<b>Session 11</b>	Self-Esteem	The Self-Esteem Workbook	Chapter 7 "Regard Your Core Worth"
<b>Session 12</b>	Meth Education	M: Drive	Dr. Freese PowerPoint
<b>Session 13</b>	Weighing the Pro's and Con's of Quitting Substances	The Addiction Workbook	Chapter 3
<b>Session 14</b>	Values & Beliefs	Group Room	Your Personal Beliefs & Values

<b>Session 15</b>	Treatment Goals	Group Room	Goals you wish to Achieve During Treatment & The Importance of Goal Setting
<b>Session 16</b>	Chemical Dependence	Adult Psychotherapy HW Planner	Section VI, Pg. 59-64
<b>Session 17</b>	12 Steps	Matrix	ERS4A 12 Step Introductions RP-30 12-Step Programs
<b>Session 18</b>	Suicidal Ideation	Adult Psychotherapy HW Planner	Section XXXIV, Pg. 293-299
<b>Session 19</b>	Relapse Prevention Stress	Matrix	Recognizing Stress RP-20
<b>Session 20</b>	Anxiety	Adult Psychotherapy HW Planner	Section III, Pg. 23-29
<b>Session 21</b>	Change	Group Room	Ten Tips on Building Motivation to Change, 16 Secrets of Change, Overcoming Fear of Failure
<b>Session 22</b>	Relapse Prevention Stress	Matrix	Reducing Stress RP-22
<b>Session 23</b>	Developing a Sense of Self	Helping Women Recover Journal	Session 2
<b>Session 24</b>	Self-Esteem	The Self-Esteem Workbook	Chapter 4 "The Basics of Human Worth"
<b>Session 25</b>	Responsibility	Group Room	Responsibility
<b>Session 26</b>	Defense Mechanisms	The Wall of Denial Website ( <a href="http://www.lakefield.net/~tjcleer/denfense.htm">www.lakefield.net/~tjcleer/denfense.htm</a> )	Defense Mechanisms
<b>Session 27</b>	Benefits of Journaling	Website <a href="http://www.Appleseeds.org/journaling.htm">www. Appleseeds.org/journaling.htm</a> Frank D. Lemus M.A.	100 Benefits of Journaling and Change is Good Worksheet "Write your Future Self"
<b>Session 28</b>	Self-Esteem	The Self-Esteem Workbook	Chapters 1 & 3
<b>Session 29</b>	Relapse Prevention- Dangerous Emotions	Matrix	Emotional Triggers RP-18
<b>Session 30</b>	Feelings	The Addiction Workbook	Chapter 8
<b>Session</b>	Step 1	M: Drive or A Women's Way Through	Understanding

<b>31</b>		the 12 Steps	Powerlessness
<b>Session 32</b>	Free Expression	101 Support Group Activities	Chapter 99 Group Graffiti
<b>Session 33</b>	Meth effects on the Brain	NIDA, M: Drive Website <a href="http://www.intelligencesybol.com">www.intelligencesybol.com</a>	Methamphetamine Abuse and Addiction, How Brain Chemistry Works, Methamphetamines
<b>Session 34</b>	Hepatitis C	Website <a href="http://www.epidemic.org/theFacts/essentials">www.epidemic.org/theFacts/essentials</a>	Sections 1-5 and Worksheet
<b>Session 35</b>	STD & AIDS	Living in Balance	Sessions 15 & 16
<b>Session 36</b>	Impulse Control	Adult Psychotherapy HW Planner	Section XVII, Pg. 147-154
<b>Session 37</b>	Negative Emotion *Depression, Guilt, Fear, Etc.	Living in Balance	Session 10
<b>Session 38</b>	Physical and Psychological Addictions	101 Support Group Activities	For your Information
<b>Session 39</b>	Lifestyle and Values	M: Drive	Lifestyle and Values
<b>Session 40</b>	Trust	101 Support Group Activities	Chapter 96 "Ask the Question"
<b>Session 41</b>	Life without Drugs	101 Support Group Activities	Chapter 84 "What would Change if you Quit?"
<b>Session 42</b>	Corrective Thinking	Change Company	My Change Plan
<b>Session 43</b>	Understanding Anger	The Anger Workbook for Women	The Introduction and Chapter 1
<b>Session 44</b>	Anger	Website Coping.org	Silent Withdrawal
<b>Session 45</b>	Feeling Inventories	Website <a href="http://cnvc.org/feelings.htm">cnvc.org/feelings.htm</a>	Feelings Inventories
<b>Session 46</b>	Cognitive Distortions	Brief Interventions Unlock Your Thinking Open Your Mind	Part 2: Roadblocks to Healthy Thinking
<b>Session 47</b>	Communication Skills	Website <a href="http://coping.org">coping.org</a>	A model of Effective communication

<b>Session 48</b>	Nutrition	Group Room	Supersize Me
<b>Session 49</b>	Nutrition/Exercise	Living in Balance	Session 17
<b>Session 50</b>	Illness and Relapse	Matrix	Illness RP-19
<b>Session 51</b>	Self-Esteem	Helping Women recover Journal	Session 3
<b>Session 52</b>	Affirmations	Group Room	Affirmation List
<b>Session 53</b>	Self-Esteem	The Self-Esteem Workbook	Chapter 10 "The Basics of Unconditional Love"
<b>Session 54</b>	Low Self-Esteem	Adult Psychotherapy HW Planner	Exercise XIX.B Pg. 170-174
<b>Session 55</b>	Anxiety	The Complete Anxiety Treatment and HW Planner	Coping with Stress
<b>Session 56</b>	Feelings, Thoughts, and Cognitive Distortions	Brief Interventions Unlock your Thinking Open Your Mind	Part 1: Feelings, Thoughts, and Mind Traps
<b>Session 57</b>	Self- Esteem	The Self-Esteem Workbook	Chapter 13 "The Good Opinion of Others"
<b>Session 58</b>	Relapse Prevention	Matrix	Total Abstinence RP-21
<b>Session 59</b>	Self-Esteem	The Self-Esteem Workbook	Chapter 5 "Recognize and Replace Self-Defeating Thoughts"
<b>Session 60</b>	Positive Thinking	101 Support Group Activities	Chapter 92 "Positive Imagery"
<b>Session 61</b>	Pessimism and Negativity	Website Coping.org	Pessimism and Negativity
<b>Session 62</b>	Life History	101 Supportive Group Activities	Chapter 27 "Life Maps"
<b>Session 63</b>	Managing Thoughts, that lead to Relapse	T.T. Gorski Relapse Prevention & The Self-Esteem Workbook	Relapse Prevention Exercises 14 A-D
<b>Session 64</b>	Self-Esteem	The Self-Esteem Workbook	Chapter 6 Acknowledge Reality: "Nevertheless!"

<b>Session 65</b>	Self-Esteem	101 Support Group activities	Chapter 13 "Guess who I am"
<b>Session 66</b>	Decision Making/ Trusting your Judgment	Healing the Trauma of Abuse and Worksheet	Topic 24 and Strong Choices/Weak Choices
<b>Session 67</b>	Relapse Prevention	Matrix	Be smart Not strong RP-13
<b>Session 68</b>	Consequences	101 Support Group Activities	Chapter 8: (Need 3 X 5 Cards)
<b>Session 69</b>	Spirituality	Hazelden Workbook	My Spiritual Progress Guide
<b>Session 70</b>	Step 2	M: Drive or A Women's Way Through the 12 Steps	Finding Hope
<b>Session 71</b>	Personal Growth	Website: Coping.Org	Accepting Personal Responsibility
<b>Session 72</b>	Corrective Thinking	Change Company	My Personal Journal
<b>Session 73</b>	Attitudes and Beliefs	Living in Balance	Session 20
<b>Session 74</b>	Scheduling	Matrix	SCH 1 & 2- The Importance of Scheduling
<b>Session 75</b>	Internal Triggers	Matrix	Internal Trigger Questionnaire ERS-3A
<b>Session 76</b>	Relapse Prevention- Boredom	Matrix	Boredom RP-2
<b>Session 77</b>	Relapse Prevention- Looking Forward; Managing Downtime	Matrix	Looking Forward RP-31 Looking Forward; Managing Downtime
<b>Session 78</b>	Cravings Chart	Matrix	Cravings Diary
<b>Session 79</b>	Corrective Thinking	Truthought	Thinking Barriers
<b>Session 80</b>	Problem Solving Skills	Living in Balance	Session 19
<b>Session 81</b>	Values & Beliefs	Group Room	Your Personal Beliefs & Values

<b>Session 82</b>	Eating Disorders	Adult Psychotherapy HW Planner	Section XII, Page 105-112
<b>Session 83</b>	Eating Disorders	Hazeldon	Video: "Eating Disorders in Recovery" (20 Min)
<b>Session 84</b>	Sex & Meth	Western Journal of Medicine Vol. 162 www.pubmedcentral.nih.gov	Page 93-97
<b>Session 85</b>	STD's and HIV	CDC, TCU	HIV and Its Transmission, Human Sexuality
<b>Session 86</b>	Healthy Guilt	Truthought	Guilt Page 272
<b>Session 87</b>	Anger Management	Adult Psychotherapy HW Planner	Section I, Page 1-14
<b>Session 88</b>	Cycle of Addiction	Group Room	Video/Worksheet " Breaking the Cycle of Addiciton"
<b>Session 89</b>	Thoughts and Feelings that Lead to Unwanted Behaviors or Relapse	Brief Interventions: Unlock your Thinking-Open your Mind	Part 3: Thinking and Behavior Cycles
<b>Session 90</b>	Family Dynamics	101 Support Group Activities	Chapter 35 Family Faces
<b>Session 91</b>	Family	101 Support Group Activities	Chapter 36 Family Collage
<b>Session 92</b>	Family of Origin	Helping Women Recover Journal	Session 5
<b>Session 93</b>			
<b>Session 94</b>	Mothers/Relationship	Helping Women Recover Journal	Session 6
<b>Session 95</b>	Mother Myths	Helping Women Recover Journal	Session 7
<b>Session 96</b>	You and Your Father	Living in Balance	Session 23 Pages 21-30
<b>Session 97</b>	Resentments	Hazelden Workbook	Ending Our Resentments
<b>Session 98</b>	How to Change Reoccurring Behaviors	Brief Interventions: Unlock your Thinking; Open your Mind	<b>Part 4: Mapping Worksheets</b>
<b>Session 99</b>	Dealing with Family Members who use	Brief Intervention: Building Social Networks	Part 3: When other Family Members Use

	Substances		
<b>Session 100</b>	Boundaries	The Anger Workbook For Women	Chapter 4 Boundaries: Experiencing Your Power
<b>Session 101</b>	Interpersonal Violence	Helping Women Recover Journal	Session 8
<b>Session 102</b>	Values	The Change Company	Living Free Values Journal
<b>Session 103</b>	Awareness of Personal Needs	101 Support Group Activities	Chapter 29 Whole Person Wheel
<b>Session 104</b>	Step 3	M: Drive or A Women's Way Through the 12 Steps	Deciding to turn it over
<b>Session 105</b>	Anger	Matrix	Anger Log
<b>Session 106</b>	Anger	Website: Coping.Org	Anger Workout
<b>Session 107</b>	Anger	Group Room	RET: Anger Anger, Video, and Worksheet
<b>Session 108</b>	Stress	Living in Balance	Sessions 8 & 9
<b>Session 109</b>	Repairing Relationships	Brief Interventions: Ideas for Better Communication	Part 2: Repairing Relationships
<b>Session 110</b>	Healthy and Unhealthy Relationships	Healing the Trauma of Abuse and Truthought Publications Worksheet and Relationship Addiction Worksheet	HTTA: Topic 29, TPW: Chapter 16, RAW: Worksheet
<b>Session 111</b>	Values	Matrix	Game-Values Auction
<b>Session 112</b>	Sexual Abuse	Helping Recover Journal	Session 13
<b>Session 113</b>	Sexuality and Substance Abuse	Heling Women Recover Journal	Session 10
<b>Session 114</b>	Sexual Abuse	Adult Psychotherapy HW Planner	Section XXIX, Page 255-262
<b>Session 115</b>	Fear of Sex While Clean and Sober	Helping Women Recover Journal	Session 14
<b>Session 116</b>	Self-Esteem	The Self-Esteem	Chapter 11: Find, Love, and Heal the Core of Self
<b>Session 117</b>	Creating Healthy Relationships and Support Systems	Helping Women Recover Journal	Session 9

<b>Session 118</b>	Assertiveness	Hazeldon Workbook/Video	Worksheets/"The Art of Assertiveness" (20 Min)
<b>Session 119</b>	Guilt and Shame	Matrix and M:Drive	Matrix RP-5 RET: Guilt
<b>Session 120</b>	Self-Esteem	101 Support Group Activities	Chapter 13 "Guess Who I am"
<b>Session 121</b>	Communication Styles	Brief Interventions: Ideas For Better Communication	Part 3: Communication Styles
<b>Session 122</b>	Communication Road Blocks	Brief Interventions: Ideas for Better Communication	Part 1: Communication Roadblocks
<b>Session 123</b>	Managing Communication Problems	Brief Interventions: Ideas for Better Communication	<b>Part 4: Mapping Worksheets</b>
<b>Session 124</b>	Confidence in Ability to Avoid Substances	Matrix Worksheet	Topic 10-7
<b>Session 125</b>	Step 4	M: Drive or A Women's Way Through the 12 Steps	Personal Inventory
<b>Session 126</b>	Healthy Relationships	Truthought, M: Drive, Group Room	A CREDO, Relationship Addiction, Addictive Relationship, Dysfunctional Definition of Love, Power and Control Wheel, Signs of Unhealthy Boundaries, Relationship Skills
<b>Session 127</b>	Healthy Relationships	Healing the Trauma of Abuse	<b>Topic 29 Relationships; Topic 21 Abuse and Relationships</b>
<b>Session 128</b>	Healthy Relationships	Coping.org	Handling Forgiving and Forgetting
<b>Session 129</b>	Self-Esteem	The Self-Esteem Workbook	<b>Chapter 25 Experience Pleasure</b>
<b>Session 130</b>	Develop Coping Skills & Experience Pleasure	Interactive Journal/Coping Skills/ The Self-Esteem Workbook	Coping Skills Worksheet and <b>TSE Chapter 25</b>
<b>Session 131</b>	Thought Stopping Techniques	Matrix	Techniques for Thought-Stopping ERS 1C
<b>Session 132</b>	Chemical Dependency	101 Support Group Activities	Chapter 50 "Chemical Dependency Crossword Puzzles A & B
<b>Session 133</b>	Relapse Episodes	T.T. Gorski Relapse Prevention	Relapse Prevention: Relapse Calendar Exercise 5 and Relapse Episode List Exercise 6



<b>Session 134</b>	Relapse Prevention	Matrix	Addict Behavior ERS 7B
<b>Session 135</b>	Alcohol	Matrix	RP1 Alcohol
<b>Session 136</b>	Relapse Prevention- Holidays	Matrix	Holidays and Recovery RP Elective B
<b>Session 137</b>	Warning Sign Analysis	T.T. Gorski Relapse Prevention Matrix	Relapse Prevention Exercise 11 A-D, Matrix RP 7, 9 & 32
<b>Session 138</b>	Warning Sign Index Cards	T.T. Gorski Relapse Prevention	Exercise 12
<b>Session 139</b>	External Trigger Chart	Matrix	External Trigger Questionnaire ERS 2A
<b>Session 140</b>	Peer Inventory	Brief Interventions: Building Social Networks	Part 4: Mapping Worksheets
<b>Session 141</b>	Support Groups and Recovery	Brief Interventions: Building Social Networks	Part 2: Support Groups and Your Recovery
<b>Session 142</b>	Critical Warning Sign Intervention	T.T. Gorski Relapse Prevention	Relapse Prevention Exercise 13 A-D
<b>Session 143</b>	Managing Cravings	T.T. Gorski Relapse Prevention	Managing Cravings Worksheet
<b>Session 144</b>	Finding Help in the Community	The Addiction Workbook	Chapter 4 Finding the Right Help
<b>Session 145</b>	Parenting	Adult Psychotherapy HW Planner	Section XXIV, Page 213-222
<b>Session 146</b>	Goals	Website Coping.Org	Goal Setting In Recovery
<b>Session 147</b>	Goals	Group Room	Goal Setting
<b>Session 148</b>	Methamphetamine Recovery Plan	Hazelden	Quitting Meth Your Personal Recovery Plan
<b>Session 149</b>	Money Management	Living in Balance	Session 26
<b>Session 150</b>	Insurance and Consumer Credit	Living in Balance	Session 27
<b>Session 151</b>	Trust	M:Drive	Barrier # 6 Damaged Trust
<b>Session 152</b>	Grief/Loss	Adult Psychotherapy HW Planner	Section XVI; Page 141-143 Make a Collage

<b>Session 153</b>	Free Expression	101 Support Group Activities	Chapter 99 Group Graffiti
<b>Session 154</b>	Setbacks	The Self-Esteem Workbook	Chapter 26 Prepare for Setbacks
<b>Session 155</b>	Stress	Group Room	Client Worksheet 15/16
<b>Session 156</b>	Addictive or Compulsive Behaviors and Isolation	Stop the Chaos and Healing the Trauma of Abuse	STC: Chapter 10, HTTA Topic 20
<b>Session 157</b>	Relapse Justification	M: Drive	Challenging Relapse Justification Exercise # 7
<b>Session 158</b>	Confrontation	Website Coping.Org	Handling Confrontation
<b>Session 159</b>	Problems and Solutions	101 Supportive Group Activities	Chapter 15 “Eavesdropping”
<b>Session 160</b>	Managing Feelings That Lead to Relapse	T.T. Gorski Relapse Prevention	Relapse Prevention Exercise 15 A-C
<b>Session 161</b>	Managing Behaviors that Lead to Relapse	T.T. Gorski Relapse Prevention	Relapse Prevention Exercise 16 A-D
<b>Session 162</b>	Building Networks	Brief Interventions: Building Social Networks	Part 1: Social Networks in Recovery